

Providence Senior Program

3001 Vaden Drive, Fairfax, VA 22031
Phone: 703-865-0520, TTY 711



Senior Program Hours: Monday - Friday 9 a.m. to 4 p.m.

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

June 2016

Programs

Programs	When/Where	Time	Description
Lunch	M-F	11:45 a.m. - 12: 15 p.m.	Please see staff for requirements to join program.
Brain Games	Monday	11:15 - 11:45 a.m.	Stimulate your brain!
Crotcheting with Bessie!	Monday	10:30 a.m. - noon	All ability levels: Beginners to advanced. Prefer to do needlework? That's ok, joining us! We love to socialize too!
Cards	M-F	9 a.m. - 4 p.m.	Play bridge, canasta, 21, slap jack, solitaire etc.
Book Club	2nd Tuesday	1:30 - 3 p.m.	2nd Tuesday of every month held in the billiards room.
Mah Jongg	M-F	9 a.m. - 4 p.m.	Mah Jongg drop in.
Open Art studio	Wednesday	10 a.m. - noon	Bring your own supplies. The open arts studio provides the perfect opportunity for communal self- critique of art pieces as well as general socializing among peers.
Knitting Group	Thursday	10 a.m. - noon	Join us for a knitting good time. Prefer to crotchet? That's ok, join us!
Senior Sensory Experience	Tuesday and Thursday	12:30 - 1:30 p.m.	Come relax or stimulate your senses in the sensory room!
Rummikub	M-F	9 a.m. - 4 p.m.	Play rummikub with your fellow peers. Cognitive stimulation while having fun!

Fitness Classes

Classes	When	Time	Description
Beginners Pickleball	Tuesday	9:30 - 11 a.m.	Learn the basics of pickleball. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. \$5.00 per session.
Zumba Gold	Monday Gym	10 - 11 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per sesion
Line Dancing	Monday Gym	12:30 - 2:30 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session.

Chair Yoga	Tuesday	10:15 - 11 a.m.	Enjoy yoga from your chair! This is a video based, free activity.
Zumba	Tuesday Gym	11 a.m. - noon	Zumba involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session
Intermediate Pickleball	Wedsneay	9:30 - 10:30 a.m.	Now that you know the basics, take on the next level of play! Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. \$5.00 per session.
Yoga	Wednesday	Noon - 1 p.m.	General Yoga \$5.00 per session
Line Dancing	Wednesday Gym	12:30 - 2:30 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$5.00 per session.
Family Zumba	Wednesday Gym	6:30 - 7:30 p.m.	Join Anya for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children 5-12 only. \$5.00 per family, per session.
Functional Fitness	Thursday Gym	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session
Zumba	Thursday Gym	11 a.m. - noon	Zumba involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session
Chair Exercise	Friday Gym	10 - 11 a.m.	Cardio and strength training exercises done seated and standing. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session.
Yoga	Friday	Noon - 1 p.m.	Yoga \$5.00 per session
Zumba	Saturday Gym	9:15 - 10:15 a.m.	Zumba involves dance and aerobic elements. The choreograph incorporate hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session

Current Class Session will end on May 7

Events			
Event	When	Time	Description
FITNESS CLASS REGISTRATION	20-Jun	9 a.m.	Registration for summer sessions. Some classes will be canceled for the summer. Please see registration flyer for detailed information.
National Donut Day	2-Jun	10:30 a.m.	It's National Donut Day. Taste the yummy treats made just for you!
Sun Mosaics	June 7 and 10	10 a.m.	Arts and Crafts
Rivershore Cruise	8-Jun	10 a.m. -1:30 p.m.	Take a cruise on the occoquan river. Cost is \$15 for cruise and \$1 for transportation. Please bring your own lunch. You may eat on the boat.
Fastran Q&A	9-Jun	9:30 a.m. - 2 p.m.	This is a great opportunity to ask fastran questions regarding transportation to the center, and resources available outside the center. This is also a great time give suggestions, or express any concerns regarding transportation to the center.
Blueberry Crumb Pie Tea Social	9-Jun	10:30 a.m.	Social
Father's Day Cards	June 14/15	10:30 a.m.	Make and decorate father's day cards.
Ping Pong Tournament	16-Jun	10:15 a.m.	Father's Day Ping Pong tournament open to both men and women!

Root Beer Social	17-Jun	11 a.m.	Social
Tyson's Mall	22-Jun	10 a.m. - 1:30 p.m.	Trip to Tyson's Mall. Cost: \$1.00
Banana Split Birthday	23-Jun	10:30 a.m.	Let's celebrate all June birthday's with a banana split and bingo!!
Sweat Tea Tasting	24-Jun	11 a.m.	Taste a variety of Tea's
Torpedo Factory	29-Jun	10:30 a.m. - 1:30 p.m.	Watch artists at work. Not into art? That's o.k. There is plenty to do in Old Town Alexandria. Just make sure you return at the drop off spot! Cost \$1.00. You may purchase lunch on site or bring your own lunch.

Computer Classes

Class	When	Time	Description
Music Studio	Monday-Friday	12:15 - 1:30 p.m. 5:30 - 8 p.m.	Open use of music studio
Adults Open Lab	Monday-Friday	12:15 - 1:30 p.m. 5:30 - 8 p.m.	No Classes. Computer Use, Printing (Limit Per Person of 5 pages). Open Music Studio Sessions.
One on One assistance	Monday	2 - 3 p.m.	Get personal assistance on how to use a computer, microsoft programs, social media or your own personal devices.
Adult Class: Beginners Excel	Tuesday	2 - 3 p.m.	Navigating tool bar, Entering basic data into excel, using functions, creating formulas, working with worksheets, moving and copying data and much more. After introductory class, we assign exercises on a weekly basis to practice our skills. Basic projects are welcome for one on one help.
One on One assistance	Wednesday	1 - 2 p.m.	Get personal assistance on how to use a computer, microsoft programs, social media or your own personal devices.
Adults: Working with Smartphones and Tablets	Thursday	1 - 2 p.m.	Basic understanding of smartphone use to make calls, to retrieve messages, to text, to download apps. Basic understanding of Tablet use to take and store pictures, to organize pictures, to transfer pictures from tablet to PC, to download and upload images.
Adults: Beginners Computer Class (for Spanish Speakers)	Thursday and Friday	12:30 - 1:30 p.m.	Class for Spanish Speakers: Learn about the computer: The different components of a computer, how to utilize the computer for day to day needs such as browsing the internet, saving documents, creating files.

Recreation

Recreation	When	Time	Description
Badminton	Monday	9:30 - 11:30 a.m.	Badminton play *New hours
Men's Basketball	Tuesday	10:30 a.m. - noon	Practice skills and play a game or two
Coed Indoor Soccer	Tuesday	12:30 p.m. - 2:30 p.m.	Practice skills and play a game or two. This is for both men and women! Last month to play until fall.
Competitive Badminton	Wednesday	9 a.m. - 11:30 a.m.	Competitive play.
Open Pickleball (Inter/Advanced)	Thursday	9:30 - 11 a.m.	Open play for intermediate and advanced players only.
Open Pickleball Play	Friday	9:30 - 11 a.m.	Pickleball Play for all levels.
Men's basketball	Friday	11:15 - 12:45 p.m.	Practice skills and play a game or two